



LEAPS & BOUNDS
PERFORMANCE REHABILITATION

NEWSLETTER

PERFORM BETTER, RECOVER FASTER, STAY IN THE GAME
JANUARY 2023



ACL TEARS & OTHER KNEE INJURIES

COMMON WITH WINTER SPORTS

INSIDE:

- Enjoy The Winter Season Injury Free!
- Snowboarding With Balance—Tips for Snowboarders and Other Athletes
- Help Us Help Our Community!





LEAPS & BOUNDS
PERFORMANCE REHABILITATION

NEWSLETTER

PERFORM BETTER, RECOVER FASTER, STAY IN THE GAME
JANUARY 2023

ACL TEARS AND OTHER KNEE INJURIES

*COMMON WITH WINTER
SPORTS*



Did you know that the knee joint is the most frequently injured joint by recreational skiers? Are you aware that there are proven methods for reducing the risk of injuring your anterior cruciate ligament (ACL) and enhancing performance simultaneously? Physiotherapists are highly trained at identifying individuals susceptible to an injury and can provide the tools to reduce these risks this winter.

Winter sports like skating, skiing and snowboarding are great ways to get some exercise and enjoy the great outdoors – unfortunately, some injury risks come with the territory. ACL injuries account for most knee injuries in the winter months.

At Leaps & Bounds, we know this is an exciting time for many of our patients who love outdoor sports, and we want to ensure you are safe while participating in snowy sports this season.

Contact Leaps & Bounds today to request an appointment with one of our specialists!

GET READY FOR THE WINTER WHILE PREVENTING ACL INJURIES

The skier's ability to produce controlled movement through coordinated muscle activity is known as neuromuscular control. Research has shown that programs emphasizing neuromuscular control reduce the risk of tearing the anterior cruciate ligaments (ACL).

Our team will check your strength, balance, and coordination to give a complete picture of your health and preparedness for winter. Our programs include strength training, balance training, and coordination drills to prepare the knee to handle the forces of winter activities and minimize any injury risk to the knee.

Our programs emphasize the following strategies for preventing injuries this season:

- **Wear properly fitting equipment:** You should never wear ill-fitting equipment due to the risk of injury, especially the ACL. Even if the fit of your boots or skates is only off by a tiny bit, it can change your performance and increase your risk of injury.
- **Improve your balance and technique:** Your foot and ankle transfer your weight from the inside to the outside edge of the skates and ski/snowboard. This also includes sensing and adjusting your balance over the skates, skis' or snowboard's center.

The efficiency of the foot and ankle as it tips from the big to little toe balances your "center of mass" (also known as your body weight) and decreases the stress put on your hip and thigh muscles and, subsequently, the knee joint.



ENJOY THE WINTER SEASON INJURY FREE!



• **Start your season off slow:** Whether you're a dedicated athlete or just starting a new winter sport, it is always a good idea to start the season off slow and begin on a gentler terrain than is necessary. Even if you've been active in the winter for years, it is a good idea to warm up the muscles and help avoid unnecessary muscle strains or other painful joint injuries.

• **If/when you're tired, take a break:** Feeling tired or achy? Muscle fatigue in the thigh muscles (quadriceps and hamstrings) and buttocks muscles (gluteal) are common signs that it's time to call it a day. A lack of muscle strength and physical conditioning may limit your endurance and performance on the ice or slopes.

Listen to your body's messages and take a break once you feel fatigued – fighting through can lead to unwanted knee injuries, specifically the ACL.

WHAT TO EXPECT AT YOUR LEAPS & BOUNDS PHYSIOTHERAPY AND ATHLETIC THERAPY VISITS

At Leaps & Bounds, our physiotherapists will identify any risk factors associated with a knee injury, including tearing the ACL, and provide an individualized program to minimize these risks and maximize your results!

If you've sustained an ACL injury from skiing or snowboarding, rest assured that this setback doesn't have to keep you off the slopes or ice. Our team is highly skilled at treating people after surgery and ensuring they maximize their results to handle the demands of skating, skiing, or snowboarding.

Our skilled team of physiotherapists at Leaps & Bounds can assess your injury or risk of injury and create a customized plan that will make sure you can produce controlled movement through coordinated muscle activity (i.e., neuromuscular control).

We will build a program that gradually progresses in intensity using targeted hip and hamstring training, core stabilization, plyometrics, balance, agility, and neuromuscular training. Next, we will focus on progressing your dynamic stability to restore function and prevent injuries. We will build a program that gradually progresses in intensity using targeted hip and hamstring training, core stabilization, plyometrics, balance, agility, strengthening the lower extremities, and neuromuscular training. Next, we will focus on progressing your dynamic stability to restore function and prevent injuries.*

The emphasis will shift to work on balance and coordination exercises to stimulate the nervous system and help ensure you can cut, turn and stop with proper form to avoid injury and perform at your peak potential.

Call our Leaps & Bounds clinic today to schedule your appointment and learn more about our programs to help keep your knees in the best shape possible!

Stop Living With Pain– We Can Help! Call Us Today!
(905) 847-5227!

▶ **HELP US HELP OUR COMMUNITY!**



This month we will be raising money for [The Oakville Fare Share Foodbank!](#) We will donate \$10 for every Google review we receive!

DO GOOD – LEAVE US A REVIEW TODAY!

LET'S GET SOCIAL!

Follow us on Facebook, Instagram, and Twitter to get the most up-to-date information about what's going on at LABs Rehab!



Contact Us For Your Appointment Today! (905) 847-5227 • info@leapsandbounds.ca •   

SNOWBOARDING WITH BALANCE—TIPS FOR SNOWBOARDERS AND OTHER ATHLETES

Being able to maintain your balance in a variety of activities and positions requires coordinated action of your vision, sensation, musculoskeletal system, and vestibular system. To help all these elements work together, it's helpful to train your core strength, arm and leg strength, stamina, endurance, flexibility, agility, and hand/eye coordination.

The following suggestions are some additional ways to improve your balance for snowboarding in particular (although any type of active person can benefit from them, too):

- **Experiment with balance tools** such as slack line, Indo boards, and Balance Bars
- **Be sure to add in some single-leg exercises** in the gym, including step ups, back and front lunges, jump rope, agility ladder drills, and single leg kettlebell deadlifts
- **Start a regular practice of yoga or Pilates** (these exercises also teach you many other essential components to balance, including mental focus and breathing)
- **Consult with a physiotherapist**—these licensed and board-certified clinicians can offer sport-specific and individualized balance skills and drills, as well as range of motion and strengthening exercises which help you address your unique physical imbalances. Please note that it's always a good idea to consult with your physician before starting a new exercise program.

- **Stand and walk more.** Sitting too much can weaken your core and lead to back pain, shoulder pain, neck pain, and other issues which can seriously disrupt a day on the slopes. Park your car far away from buildings, take the stairs, invest in a stand-up desk, and in general try to get some more movement in your day-to-day life. Increasing your physical activity doesn't always have to be about a hard hitting session in the gym or on your favorite trail!
- **Get quality sleep.** We need solid quality and quantity of sleep in order to recover from workouts, repair our tissues, re-balance our hormones, and improve our brain power.
- **Eat a balanced diet.** With the proper fuel, our bodies are primed for healthy tissues, faster recovery times between training, and a reduced risk of injury. Select foods that are rich in vitamins, minerals, antioxidants, essential fatty acids, good carbs, and quality protein, and avoid exposure to pro-inflammatory toxins like gluten, sugar, and alcohol.
- **Focus on your mental health, too.** Find ways to spend your time more wisely and taking more time for yourself as needed. While developing mastery in any one area of life requires a lot of focus and dedication, it's still important not to neglect your health, relationships, or peace of mind. Consider things like journaling, meditation, art classes, cooking, and other relaxing activities which can help you spend time with loved ones or enjoy some quiet solo time yourself.

PATIENT SUCCESS SPOTLIGHT



"I had ACL injury and this place helped me alot during my recovery process. Pat and everyone working their are very professional and friendly. I'm back again playing soccer thanks for their help and support. Totally would recommend this place to anyone who suffers ACL injury or any other sports injuries."

— *Khaled M.*



LEAPS & BOUNDS
PERFORMANCE REHABILITATION

